

Oregano

History

Also known as "Wild Marjoram", oregano is the leaf of the plant *Origanum*, a member of the mint family. Oregano's flavor and strength vary widely according to the climate and region where it is grown. The hot and dry Mediterranean climate yields a robust, full flavor with a slightly bitter and peppery taste. The cooler regions of Europe and North America yield a more delicate aroma and sweeter taste.

Oregano was popular in ancient Egypt, Greece, and Rome as a flavoring for vegetables, wines, meats, and fish. According to Greek mythology, the goddess Aphrodite created oregano as a symbol of happiness. The Greeks employed oregano in marriage ceremonies to provide joy and in funeral services to provide peace to the departed. The Greek physician Hippocrates (460-370 BC) used oregano for antiseptic purposes and to protect against respiratory ailments and gastrointestinal distress. Medieval Europeans would chew on oregano leaves to alleviate rheumatism, toothache, indigestion, and cough.



Herbed Turkey Meatballs

INGREDIENTS

- 1/4 cup plain bread crumbs
- 1 1/2 teaspoons basil leaves
- 1 teaspoon garlic powder
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 pound ground turkey
- 1 egg lightly beaten

INSTRUCTIONS

- Preheat oven to 400°F. Mix bread crumbs and seasonings in large bowl. Add turkey and egg; mix well. Form mixture into 1-inch meatballs (about 30). Place on foil-lined 15x10x1-inch baking pan.
- Bake 15 to 20 minutes or until cooked through. Drain well. Serve over cooked pasta with your favorite pasta sauce, if desired.
- Served best with Quick & Easy Homemade Tomato Sauce



Kitchen Tip: Serve Herbed Meatballs with a Quick and Easy Homemade Tomato Sauce!

Heat 2 tablespoons olive oil in medium saucepan on medium heat. Add 1/2 cup finely chopped onion; cook and stir 5 minutes or until softened. Stir in 1 can (28 ounces) crushed tomatoes, 1/2 cup water, 2 teaspoons sugar, 1 teaspoon salt, 1/2 teaspoon each Basil Leaves, Garlic Powder, dried oregano, and Parsley Flakes, and 1/4 teaspoon Crushed Red Pepper (optional). Bring to boil. Cover partially with lid. Reduce heat to low; simmer 20 to 25 minutes, stirring occasionally. Serve over meatballs!

Find it online: <https://www.mccormick.com/recipes/main-dishes/herbed-turkey-meatballs>

Greek Lemon Chicken & Potatoes

INGREDIENTS

- 4 pounds skin-on, bone-in chicken thighs
- 3 russet potatoes, peeled and quartered
- ½ cup fresh lemon juice
- ½ cup olive oil
- 6 cloves garlic, minced
- 1 tablespoon dried oregano
- 1 tablespoon kosher salt
- 1 teaspoon dried rosemary
- 1 teaspoon freshly ground black pepper
- 1 pinch cayenne pepper
- 1 cup chicken broth, divided
- 1 teaspoon chopped fresh oregano, or to taste



INSTRUCTIONS

1. Gather all ingredients and preheat the oven to 425 degrees F. Lightly oil a large roasting pan.
2. Place chicken and potatoes in a large bowl. Add lemon juice, olive oil, garlic, dried oregano, salt, rosemary, black pepper, and cayenne. Toss until chicken and potatoes are evenly coated.
3. Place chicken pieces skin-side up in the prepared pan. Tuck potato pieces around chicken. Drizzle with 2/3 cup chicken broth. Spoon any remaining marinade from the bowl over chicken and potatoes.
4. Bake in the preheated oven for 20 minutes. Toss chicken and potatoes, then place chicken skin-side up again.
5. Continue baking until chicken is browned and cooked through, about 25 minutes more; an instant-read thermometer inserted near the bone should register 165 degrees F. Transfer chicken to a serving platter and keep warm; leave potatoes in the pan.
6. Turn on the broiler, or set oven to highest heat. Toss potatoes again to coat in pan juices. Place the pan under the broiler and broil until potatoes are crisped, about 3 minutes.
7. Transfer potatoes to the platter with chicken.
8. Place the roasting pan on the stovetop over medium heat. Add the remaining 1/3 cup chicken broth and scrape up browned bits from the bottom of the pan.
9. Strain pan juices into a measuring cup and pour over chicken and potatoes.

Find it online: <https://www.allrecipes.com/recipe/242352/greek-lemon-chicken-and-potatoes/>

Greek Salad Dressing

INGREDIENTS

- 1 ½ quarts olive oil
- ⅓ cup garlic powder
- ⅓ cup dried oregano
- ⅓ cup dried basil
- ¼ cup ground black pepper
- ¼ cup salt
- ¼ cup onion powder
- ¼ cup Dijon-style mustard
- 2 quarts red wine vinegar

INSTRUCTIONS:

1. Gather all ingredients.
2. Mix olive oil, garlic powder, oregano, basil, pepper, salt, onion powder, and Dijon-style mustard together in a very large container. Pour in vinegar slowly while mixing vigorously until well blended. Store tightly covered at room temperature.
3. Pour over salad and enjoy!



Find it online: <https://www.allrecipes.com/recipe/36520/absolutely-fabulous-greekhouse-dressing/>